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FUSION GRILL
TRY LUNCH FAVOURITES WITH A TWIST {page 16}

ROWLAND
OPENS UP ABOUT HER BREAST AUGMENTATION {page 13}

WINNIPEG metro®

Tuesday, October 11, 2011
www.metronews.ca

News worth sharing.

Deadly weekend for drivers

Young people victims in numerous crashes

ELISHA DACEY
@METRONEWS.CA

RCMP are investigating a number of vehicle crashes that happened over the holiday weekend, including three that left people dead.

The first happened Friday just before 8 p.m. after a 16-year-old teen crashed his dirt bike into an older model Chevy Cavalier in St. Laurent. The driver of the bike was wearing a helmet and alcohol was not considered a factor.

The 16-year-old was pronounced dead at the scene. The 45-year-old driver of the car was unhurt.

On Saturday just before 4 a.m., a pedestrian, 18, walking on Highway 83 near the Asessipi Valley was hit by a northbound truck. He was not seriously injured. The driver of the truck, a 19-year-old man, has been charged with driving drunk while causing bodily harm.

Saturday, just before 9 a.m., an eastbound Toyota Camry was in a collision with an eastbound Ford Fusion east of Steinbach on Highway 52. RCMP said the lone occupant of the Fusion, a 45-year-old woman, was taken to hospital with serious injuries, as was the passenger from the Toyota, a 73-year-old woman. The driver of the Camry, a 76-year-old man died in hospital. Visibility was good and neither speed nor alcohol were factors in the crash.

Yesterday, a 20-year-old woman from the rural municipality of Elton died after she rolled her car off Highway 270 near Rapid City. She was not wearing a seatbelt. There were no other vehicles involved in the accident.

RCMP continue to investigate.

Broken. Record

▶ John Docteur, Janessa Spencer and Winnifred Lawrence assemble plates of Thanksgiving food at Siloam Mission yesterday.

JAMES TURNER/METRO

Hundreds served Thanksgiving meal

The Siloam Mission served more than 900 people a meal with all the traditional trimmings. Organizers said that's about 200 more than last year — a new record — and that the mission is seeing a 15 per cent spike in people taking meals at the shelter.

We day

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Condom drive targets youth

WRHA hopes to engage younger Winnipeggers; get them asking how to protect themselves against STIs

JAMES TURNER
@METRONEWS.CA

Concern over high rates of sexually transmitted infections in city teens and young adults is prompting health officials to launch a new awareness push to attack the problem.

The Winnipeg Regional Health Authority will unveil today its latest awareness effort, dubbed the "Heads UP?!" campaign, to encourage condom use and safer-sex practices in people aged 15-24.

Organizers of the campaign hope young people will start asking questions about how to protect themselves from STIs such as Chlamydia. Infections can often go undiagnosed and lead to health issues such as infertility or blindness.

Reaching teens between 15-17, who are often engaging in sexual activities for the first time, is a key goal for the WRHA, said Michael Routledge, a medical officer of health with the WRHA.

"We're trying to empower teens ... give them information."
DR. MICHAEL ROUTLEDGE

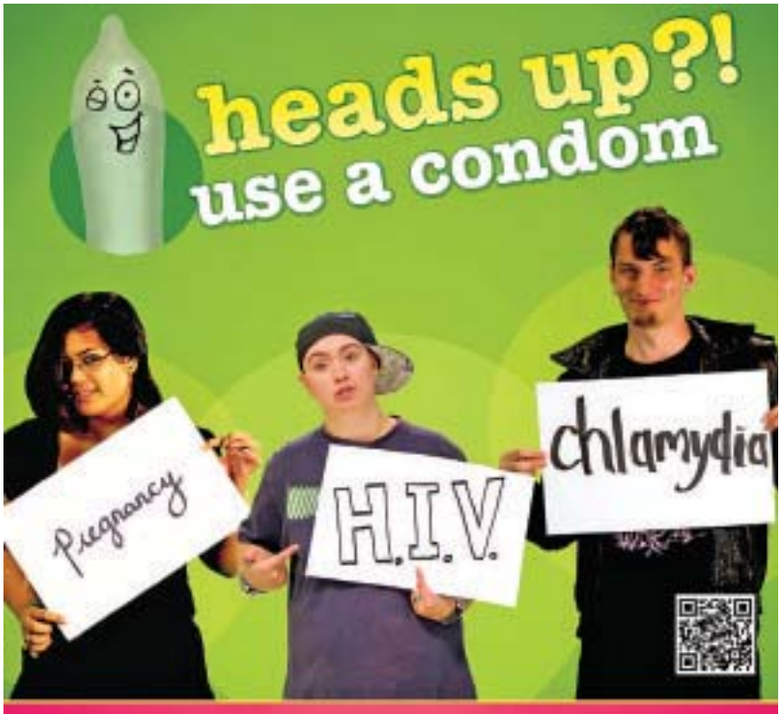
Routledge said the campaign piggy-backs on a recent WRHA effort to increase the number of people getting tested for STIs.

The WRHA's "pee in a cup" campaign led to greater testing and, therefore, a higher number of people being diagnosed with STIs, Routledge said.

Advertising for Heads Up will continue until the year's end, but the website and associated information materials are here to stay, the health authority said.

The Heads Up website is located at getsomecondoms.com and will go live today.

THE WINNIPEG REGIONAL HEALTH AUTHORITY



▶ One of two advertisements targeted at teens that will be rolled out today by the WRHA.

Fall yard waste depot moved

The Leaf it With Us Fall Yard Waste Depot at Assiniboine Park Zoo has been moved.

Residents can now leave their yard waste at 2325 Grant Ave., just west of Shaftsbury Boulevard.

The depots accept bagged leaves, lawn thatch, grass clippings, plants, flowers, garden material, tree clippings and small branches smaller than 10 centimetres in diameter.

Find more information, such as leaf drop-off locations, at the City of Winnipeg website: Winnipeg.ca/waterandwaste.

METRO

CONTRIBUTED

▶ Bags of yard waste.

News in brief

Left turn lane will be closing

Starting tomorrow, the left turn lane from Henderson Highway onto Hespeler Avenue will be closed until Nov. 10 as part of the Disraeli Bridges project. METRO

City gets loan for upgrades

The City of Winnipeg has been approved for a low-cost loan totaling $13 million from the Canada Mortgage and Housing Corporation that will go toward sewer and fire station upgrades. METRO

1 news

Not all economic crises are created equal, Allan Small says, and the current market decline is not the same as what happened in 2008. Scan the code for more.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

Tomorrow in Metro

Zombies are invading Metro! Pick up tomorrow's edition to learn everything you need to know about the brain-eating undead, and how to prepare for when they come to your city.

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News in brief

Man aims light at police copter

FLIGHT HAZARD. A man faces charges after someone shone a bright light at Winnipeg's patrol helicopter. Officers were on an airborne patrol Saturday night when a bright white light was repeatedly directed at the cabin of AIR1, causing a flight hazard. A 52-year-old man has been charged with mischief endangering life. He was also charged under the Canadian Aviation Regulations section prohibiting projection of a directed bright light at an aircraft. ELISHA DACEY

Men sought in sexual assault

CRIME. A 23-year-old woman was physically and sexually assaulted on Friday night. The woman was walking near Ross Avenue and Princess Street when she was confronted by two men who offered her alcohol. A short time later, the men physically assaulted her, then one of them sexually assaulted her. She managed to break free and was taken to hospital. The WPS Sex Crimes Unit is investigating. Anyone with information is asked to call police at 986-6245. ELISHA DACEY

Man mugged on Main Street

TAKEN TO HOSPITAL. A 25-year-old man is in unstable condition after suffering a beating Friday night. The man was walking in a parking lot in the 1600 block of Main Street when he got into an argument with a group of young men. A suspect has been charged with aggravated assault. ELISHA DACEY

CRASH COURSE

Speeder sends man to hospital

A pedestrian is in critical condition after being hit by a speeding car, Winnipeg Police say.

On Sunday, a 36-year-old man was walking near Sargent Avenue and Kennedy Street when he was hit by a Hyundai Tiburn. The car, which was travelling at high speed, crashed into several parked cars before hitting the man. Many others were injured and treated at the scene.

A 20-year-old man faces several charges including criminal negligence causing bodily harm and dangerous operation of a motor vehicle causing bodily harm. ELISHA DACEY

Dinged in a minor fender-bender? No need to tell police

- But vandalism, car theft must still be reported
- New rules allow police resources to be used elsewhere

ELISHA DACEY
@METRONEWS.CA

METRO FILE PHOTO

▶ Minor collisions can be dealt with through insurance claims and no longer have to be reported to police.

Manitobans no longer have to report minor traffic accidents to police, after changes to the Highway Traffic Act came into effect yesterday.

"These changes respond to a request from the Manitoba Association of Chiefs of Police to streamline the accident-reporting process so they can better utilize their resources," said Attorney General Andrew Swan, who is the minister responsible for Manitoba Public Insurance.

"Law-enforcement officers have told us their resources could be directed to other areas in order to best serve the public."

The only time vehicle collisions need to be reported now is if they involve a fatality, serious injury, unlicensed drivers or vehicles, hit-and-runs or the suspected use of drugs or alcohol.

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Jets introduce new mascot

Mick E. Moose's new gig entails slight costume change

ELISHA DACEY
@METRONEWS.CA

JAMES TURNER/METRO

▶ Mick E. Moose hangs out with the crowd at Sunday's home opener.

Like the name, the Winnipeg Jets have recycled something else — their mascot.

Manitoba Moose mascot Mick E. Moose is the official mascot of the Winnipeg Jets. A spokesperson for True North said the organization explored dozens of options but eventually chose Mick E. Moose.

Mick E. has undergone a slight costume change. he now sports a new jersey and an aviator helmet.

Meanwhile, more than 70,000 people have signed up for the chance to see a game live.

The Winnipeg Jets announced two weeks ago a lottery that 'Peggers could sign up for giving them the chance to purchase two of the 600 or so seats available for each regular-season home game.

The Jets have also announced Jets SeatExchange, a ticket reselling website to reduce ticket fraud. It will be at winnipegjets.com/seatexchange.

Several season ticket accounts have already been cancelled due to scalping.

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Exclusively in participating Winnipeg stores from October 15 to 30.
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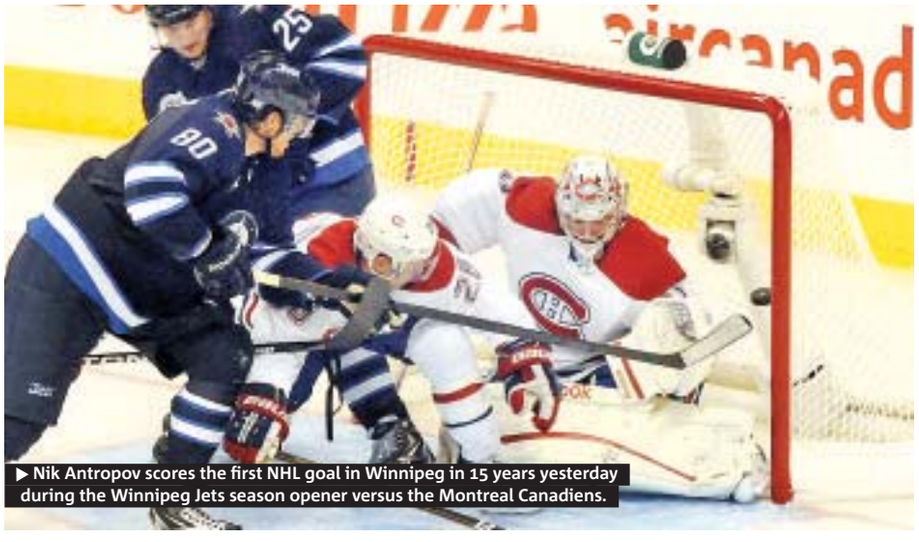
Thousands converge on downtown and The Forks to celebrate the return of the Winnipeg Jets ◐ Jets lose home-opener to the Habs 5-1 ◐ Crowds, although excited, remain under control: Police ◐ Game brought dignitaries and ex-Jets to take in history being made

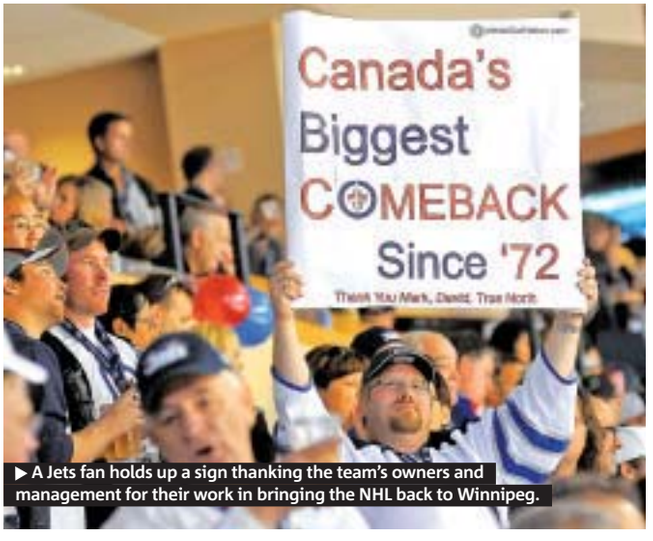
TEXT AND PHOTOS **JAMES TURNER**

Jets may have lost, but Winnipeg wins big

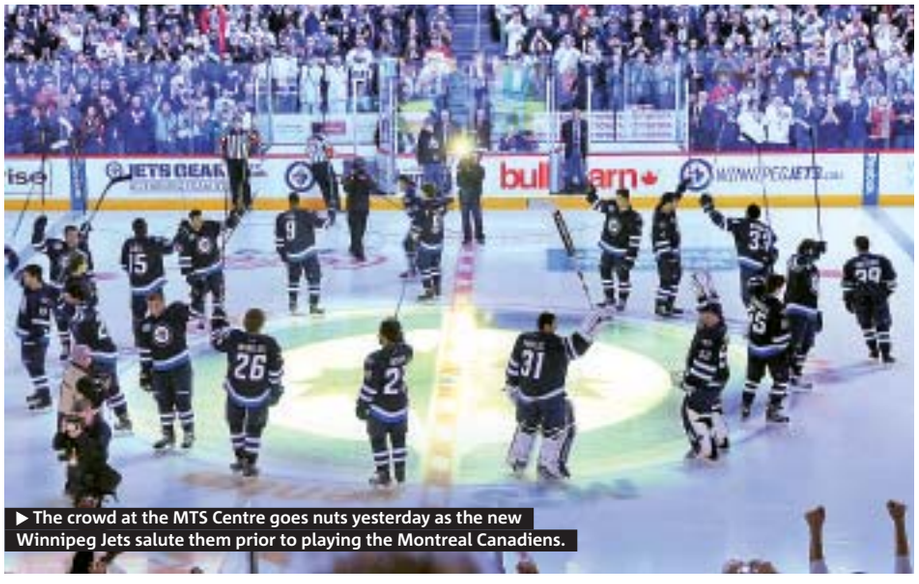
▶ The Jets lost the opening faceoff to the Habs.



▶ Nik Antropov scores the first NHL goal in Winnipeg in 15 years yesterday during the Winnipeg Jets season opener versus the Montreal Canadiens.



▶ A Jets fan holds up a sign thanking the team's owners and management for their work in bringing the NHL back to Winnipeg.



▶ The crowd at the MTS Centre goes nuts yesterday as the new Winnipeg Jets salute them prior to playing the Montreal Canadiens.

▶ Prime Minister Stephen Harper was on hand to take in the game on Sunday.

Boat sinks during family fishing trip

Rescued women wanted to know, 'Where are our husbands?': Coast guard Treated for hypothermia

Seven members of a U.S. family, including a four-year-old girl, survived 20 hours at sea by clinging to their capsized boat and a small cooler after their vessel flipped during a fishing trip off the Florida Keys, officials said yesterday.

A 79-year-old mother of two of the rescued boaters, Zaida San Jurjo Gonzalez, was missing and presumed drowned.

The other women told rescuers they didn't have time to grab life jackets for anyone except the girl when two waves suddenly flipped the boat off Long Key in choppy, rainy waters Saturday afternoon, U.S. Coast Guard Seaman Kendra Graves said.

Warnings

It wasn't clear if the boaters were aware of a small-craft advisory posted early Saturday.

- The advisory had warned of wind speeds of 37-61 km/h and seas 2.1 metres or higher as torrential rains poured over the Keys and South Florida.
- "They shouldn't have been out there," said Robert Dube, a spokesman for Florida Fish and Wildlife.

Jorge Alejo Gonzalez and the two other men tried to help his mother, but she went under the water within minutes, said Florida Fish and Wildlife Spokesman Robert Dube.

"He could not hold onto his mother and she went under," Dube said.

The boaters quickly drifted apart. The men held onto the boat. The three women and the girl clung to the cooler.

A commercial fisherman saw the capsized boat Sunday morning and rescued the men, Dube said. The women and girl were soon picked up by the Coast Guard, several miles from where the boat had capsized. "They were hanging onto the cooler. It was afloat but its main purpose was to keep them together," Graves said.

THE ASSOCIATED PRESS

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U.K. going after forced marriages

British move outlined alongside measures to cut immigration rates

THE ASSOCIATED PRESS

"To force someone into marriage is completely wrong."
DAVID CAMERON, BRITISH PM

Forcing someone into marriage could be made a criminal act under possible changes to British law, Prime Minister David Cameron said yesterday.

Alongside moves aimed at cracking down on sham marriages used to cheat immigration rules, Cameron said he has asked interior ministry officials to discuss creating a new offence aimed at those who force people to marry against their will.

Currently, a potential victim of forced marriage can apply to a court for a protection order, which is intended to stop intimidation or violence and prevent someone from being sent overseas.

Although anyone breaching the order can be jailed for two years, the sanction is made under civil — not criminal — law and is rarely imposed. A panel of lawmakers found in May that only one person had been imprisoned under the legislation, which was introduced in 2008. THE ASSOCIATED PRESS

Sukkah. Celebration

▶ A woman from the ancient Samaritan community decorates a Sukkah made from fresh fruit for the holiday of the Tabernacles, or Sukkot, in Mount Gerizim, near the West Bank town of Nablus, yesterday.

NASSER ISHTAYEH/THE ASSOCIATED PRESS

Keeping ancient Samaritan traditions alive

The Sukkah is a temporary structure built for the Jewish holiday Sukkot, which the Samaritans will celebrate this morning. According to tradition, the Samaritans are descendants of Jews who were not deported when the Assyrians conquered Israel in the 8th century B.C. Of the small community of around 700 people, half live in a village at Mount Gerizim, and the rest in the city of Holon, near Tel Aviv.

Egypt military vows action after Copts attacked

Egypt's ruling military yesterday condemned a surge in deadly violence as an attempt to undermine the state, and warned it will act to safeguard the peace following a night of clashes that drew in Christians, Muslims and security forces.

The generals' strong words signalled the governing military council will tighten its grip on power, further infuriating activists who have demanded an end to army rule and a transition to democracy.

Egypt's Coptic church harshly criticized the government for its actions in crushing the protests and accused it of allowing repeated attacks on Christians to go unpunished.

In a statement, the Coptic Church, which represents about 10 per cent of Egypt's 85 million people, accused security forces of failing to stop anti-Christian agitators from turning what started out as a peaceful protest against church attacks into a sectarian riot in which at least 26 people, mostly Christians, were killed.

"Strangers got in the middle of our sons and committed mistakes to be blamed on our sons," the church said in a statement issued after its spiritual leader, Pope Shenouda III, met with 70 bishops.
THE ASSOCIATED PRESS

KHALIL HAMRA/THE ASSOCIATED PRESS

▶ Relatives of some of the Coptic Christians killed react after seeing the bodies in Cairo yesterday.

Fasting in U.S.

- The U.S. Coptic community is preparing for three days of fasting and praying to support fellow Egyptian Christians attacked by Egyptian authorities.
- Coptics in Michigan and California were heeding the call to participate in the mourning period starting today. The U.S. has about 300,000 Copts.

Sunken ship filled with silver found

A sea exploration company said it has discovered a ship filled with silver 2,400 metres beneath the surface of the North Atlantic Ocean. The British SS Mantola, which sank Feb. 9, 1917, could have been carrying silver worth $19 million.
THE ASSOCIATED PRESS

Shark suspected as swimmer disappears

Officials believe a shark attacked a 64-year-old man who disappeared while swimming in Australia.
THE ASSOCIATED PRESS

GETTY IMAGES FILE

▶ Great white shark.

Woman gives birth after marathon run

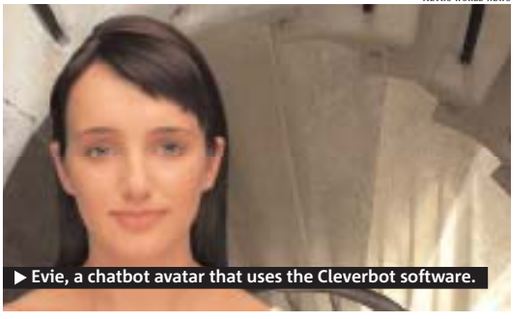
A pregnant Chicago woman felt contractions a few minutes after finishing the Chicago Marathon and gave birth hours later to a baby daughter. Amber Miller was nearly 39 weeks pregnant when she started the race on Sunday morning. THE ASSOCIATED PRESS

Cleverbot the next man's best friend

- Virtual humans are 'cheaper' and 'more consistent'
- Chatbots are mainly used for customer service

ELISABETH BRAW
WINNIPEG@METRONEWS.CA
METRO WORLD NEWS IN LONDON

METRO WORLD NEWS



▶ Evie, a chatbot avatar that uses the Cleverbot software.

She's everyone's favourite friend. Always there. No issue is too silly to discuss, and she always has kind, witty or unexpected answers.

That's because she's a computer. More precisely, she's a virtual human (nickname: Cleverbot), a computer program designed to mimic humans and interact with them. "They (people) talk to her for hours, and then they email me and say 'Wow, that was the best conversation I've had today,'" says her creator, Rollo Carpenter, a British computer scientist.

Welcome to a world where virtual and real humans mix seamlessly.

"In the past, chatbots were only able to answer simple questions, but they're getting smarter," explains Erwin van Lun, CEO of Chatbots.org.

To pass the industry benchmark, known as the Turing Test, a virtual human has to be so convincing that the user can't tell she's not a real person.

And virtual humans are becoming more human-like. Earlier this month, Apple introduced Siri, a voice-recognition system that functions as an iPhone user's virtual assistant, scheduling appointments, looking up restaurants and providing gentle reminders all inside the iPhone.

In the future, predicts Carpenter, Siri-like virtual assistants will be our friends. "We may even have them implanted as a chip in our brains," he says. "You'll just be able to say, 'What was that movie I saw the other night?' and your friend inside your brain will tell you."

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
11,588.36 (Friday's close)	96.31¢ US (Friday's close)

Oil	Natural gas 1,000 cu ft	Gold
+ $2.43 US ($85.41 US)	$3.541 (+ 6.0¢)	$1,670.80 (+ $35.00)

Markets in Canada were closed yesterday for the holiday.

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WHAT'S IN A MAIDEN NAME?

SHE SAYS ...

JESSICA NAPIER
METRO

I used to hate my surname.

I would groan every time I had to explain that no I am not French and it's pronounced NAY-pee-ur not NAAAA-pee-yer.

As a child I longed for a simple last name, something solid and sensible like Barber or West. But as time went on, I grew to love my slightly unusual moniker. My name has been with me for 26 years and I'm not quite sure that I'll ever want to give it up.

And yet, I know plenty of women who are more than happy to abandon their surnames the moment they tie the knot.

Every weekend, a growing number of strangers populate my Facebook news feed as each new bride eagerly adopts her husband's name.

Many modern women wrestle with the name-change debate in the months leading up to their nuptials.

Relinquishing your maiden name is hardly the marriage prerequisite it once was, but it still seems to be the cultural norm here in Canada.

"And for the really cynical folk, keeping your maiden name might be the all too obvious choice when you consider the depressing likelihood that your one true love will end up in divorce court."

Some argue that a shared name for both partners builds a cohesive family unit and helps avoid the inevitable conflict over children's names. Plus there's the added bonus of never having to defend yourself against nosy in-laws and acquaintances who just can't understand why you don't want to use your "family name."

Sure there are plenty of reasonable arguments for ditching your surname for his, but isn't this tradition a bit archaic? I can't help but feel like there's a lingering sense of ownership surrounding the whole thing.

I shudder when I hear a newly-wed couple introduced as Mr. and Mrs. His First and Last Name, as if a change in marital status has resulted in the dissolution of her entire identity.

But let's forget the feminist unease for a moment. Taking your husband's name is also an enormous bureaucratic headache. Changing your name on all of your official documents — passport, driver's licence, health card, credit cards — means lengthy line-ups, stacks of paperwork and a lot of hassle.

And for the really cynical folk, keeping your maiden name might be the all too obvious choice when you consider the depressing likelihood that your one true love will end up in divorce court.

Ultimately, it's a very personal decision and there's really no right or wrong choice — only what's right for you. Unless you've decided to go with a hyphenated compromise. Excellent in theory, but individuals with multiple surnames always end up sounding a bit too much like law firms.

Read more of Jessica Napier's columns at metronews.ca/shesays

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Can Apple survive without Steve Jobs?

63% YES, HE LEFT THE COMPANY IN GOOD HANDS

36% NO, THE VISIONARY IS GONE

Local tweets

- **@kimtran101:** Thankful to be surrounded by loving family, awesome friends and great food...
- **@AshleeEspenell:** Turkey and 3rd Rock From the Sun marathon? Win!
- **@__Ctorres:** I really wish there was a "Dislike" button on facebook ... I would be going all out #justsayin
- **@carolbrisebois:** Editing work from years back is like meeting up with your old self. #amwriting
- **@Tofulkey:** pecan sweet potatoes, cauliflower, salad and caramel apple pie. That's how we Veggies do up a Thanksgiving feast. #Blessings
- **@NaomiSawchuk:** Still smells like turkey in my house! CAN'T WAIT FOR LEFTOVERS!
- **@drewpel:** Thanksgiving, the art of torturing children with collared shirts
- **@cristienlyons:** Today I am grateful to You for teaching me to be grateful for all experiences. I now try not to view things as good or bad, but a lesson.

Letters

RE: John Mazerolle's column published Oct. 6, Let's talk birds and bees

While Mazerolle's article is already a somewhat pointless rehash of the tired and overdone issue of talking to teenagers about sex, he worsens the matter with his tactless and failed attempt at wit. In the print version of your paper he suggests warning boys off drinking and sex because this could result in relations with a fat girl and it could be all over the Internet by the following day. I noticed your online version had the decency to remove that paragraph but I was most offended by your print edition.

ELIZABETH DUNGAN, TORONTO

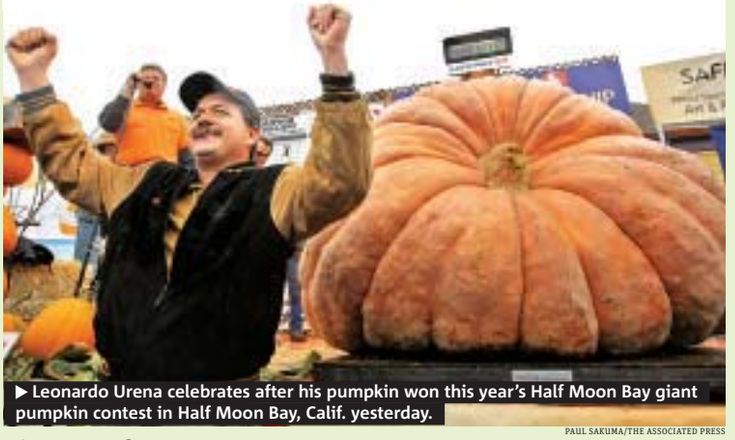
There seem to be a lot of letters being sent in regarding the column.

Have the people sending these in never heard of comedy? Honestly it is intended to poke fun at a subject, not to take it seriously. I happen to be an overweight woman and I did not find this article hurtful, ignorant, rude or offensive. Grow up and learn to take a joke.

When did we turn into a society that's so damn politically correct?

JACKI NORRIS, TORONTO

Gourd. Champ



▶ Leonardo Urena celebrates after his pumpkin won this year's Half Moon Bay giant pumpkin contest in Half Moon Bay, Calif. yesterday.

PAUL SAKUMA/THE ASSOCIATED PRESS

Photo of the day

The award-winning pumpkin weighed 1,704 pounds, making it a new California record. The circumference was 195 inches.

WEIRD NEWS

Fighting evil lands superhero in handcuffs

Instead of the bad guys, it was Seattle's most prolific self-styled superhero that ended up in handcuffs.

Police officers arrested the 23-year-old man who calls himself Phoenix Jones early Sunday after he was accused of assaulting several people with pepper spray. He was booked in county jail on four counts of assault, with arraignment set for Thursday, police said yesterday.

Jones, who wears a black mask with yellow stripes and a bulging muscle bodysuit, said he was only trying to stop a street brawl.

"Just because he's dressed up in costume, it doesn't mean he's in special consideration or above the law. You can't go around pepper spraying people because you think they are fighting," said Seattle police spokesman Det. Mark Jamieson.

Jones has been the most public face of a group of vigilante crime stoppers to show up in Seattle in the last couple of years. His exploits have garnered much media attention, and he's had a camera crew trailing him in recent months.

Peter Tangen, a volunteer spokesman for Jones, said yesterday that police didn't have any interest in the alleged incident, but rather have an agenda against the masked crime fighter.

"They're on a mission to stop Phoenix Jones from what he's doing, which is legal," Tangen said.

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Vanasse goes global

Quebec actress Karine Vanasse has her eye on the big-screen English language market
Roles in Canadian indie film I'm Yours and ABC's Pan Am are turning heads outside Quebec

NATHAN DENETTE/THE CANADIAN PRESS

▶ Francophone actress Karine Vanasse says her role in ABC's Pan Am is proving to be the key to her bid for global stardom.

Already established in her home province of Quebec, francophone actress Karine Vanasse set her sights on launching a big screen career in the English-language market and beyond.

She found an agent to help her break into English Canada and the United States and scored her first anglophone leading role outside Quebec with the upcoming low-budget Canadian indie film I'm Yours.

But the lanky brunette says it's a small-screen role on the big-budget ABC series Pan Am that's proving to be the real key to her bid for global stardom, noting that early international sales have already introduced her to audiences overseas.

"I did a movie in France last (year) ... and they already knew about Pan Am — it's been sold everywhere in the world," said Vanasse, whose Canadian film credits include 2009's Polytechnique and the just-released bilingual comedy French Immersion.

"Hopefully the show will work internationally and if it allows me to have a more international career... it's great to see that's possible."

The vast overseas market for North American TV offers a lucrative launching pad for actors hoping to be known for more than just small-screen characters, said Elisha Cuthbert, the Canadian star of ABC's Happy Endings.

The Calgary-born actress says that's why she's just as concerned about cultivating a foreign following for her ensemble sitcom as she is about netting solid U.S. ratings.

"On a worldwide scale as opposed to just the United States — which is a huge deal — I would think that our international appeal is more important," Cuthbert said in a recent interview while promoting the U.S. series, which airs on Citytv in Canada.

She pointed to the global impact of her long-running spy serial 24, which scored a healthy international fanbase with its mix of political espionage and family drama.

"24 is what I can kind of relate to — that being such a worldwide success, it opened up the doors to do film (and was) useful in selling smaller films on an international scale," said Cuthbert, whose big screen vehicles have included The Girl Next Door, House of Wax and Old School.

"I do not underestimate the power of the world seeing the show and liking it and enjoying it because it does definitely make it a lot easier to go out and do other projects."

"The more countries we're in, the better all around."

Indications are that the foreign sales market is booming. Last month, Time Warner CEO Jeff Bewkes predicted his company would double overseas business in four years as its pay TV networks and shows become more broadly distributed.

And the most recent gathering of MIPCOM, an annual industry event in Cannes geared toward program sales to large European broadcasters, saw a growing prominence of digital platforms hungry for North American content.

Mad Men star Jon Hamm said he was astounded to learn of his show's reach when he went on a press tour last year to France and Germany.

"I think we're in something like 70 countries or something, I don't know the exact numbers but it was eye-opening to me because I was like, 'Holy cow, Turkey! Really? Awesome. Israel? Great,"' Hamm said during a recent stop in Toronto to promote a big-screen romantic dramedy, Friends With Kids.

"That's kind of the world that we live in obviously — that entertainment is global now.

"It's not specifically one territory or another, necessarily."

THE CANADIAN PRESS

2 scene

Box office

Boxing robots are the undisputed champions at the weekend box office.
According to studio estimates Sunday, Hugh Jackman's Real Steel debuted at No. 1 with $27.3 million. George Clooney's political saga The Ides of March was the runner-up, opening at No. 2 with $10.4 million. Previous No. 1 movie, Dolphin Tale, slipped to No. 3 with $9.2 million.
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Father of Amy Winehouse has memoir due next summer.

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DVD Releases

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The Tree of Life

Genre: Drama
Director: Terrence Malick
Stars: Brad Pitt, Sean Penn, Jessica Chastain

Think of it as a grand song, poem, prayer or even chant, but don't approach Terrence Malick's The Tree of Life as just another movie. It aspires to be far more than that, and it gloriously succeeds.

The film is nominally based around a troubled 1950s family in Waco, Texas, headed by an angry, disillusioned father (Brad Pitt), who is married to a sweet, naïve mother (Jessica Chastain). The O'Briens have three rambunctious sons, including elder lad Jack (bright new face Hunter McCracken), played as an adult by Sean Penn.

You also shouldn't expect a conventional narrative. The Tree of Life unfolds, rather, in a cascade of images that's closer to epic verse. In scenes ranging from the creation of the universe to an idyllic moment with dinosaurs on earth, Malick challenges the viewer to understand how humans — wrestling with nature versus grace — are just part of a much grander scheme.

Malick's new masterpiece crosses the boundaries of the picture frame and heads straight for the imagination — a journey we all must take.

There are no extras in this DVD release, but talk persists of a future special edition. PETER HOWELL

Horrible Bosses

Genre: Comedy
Director: Seth Gordon
Stars: Jason Bateman, Charlie Day, Jason Sudeikis

1/2

Best buddies Nick (Jason Bateman), Dale (Charlie Day) and Kurt (Jason Sudeikis) just want to make a few bucks, get drunk and get laid. But they've all got horrible bosses who have driven them to desperate measures.

Dental assistant Dale is being sexually abused by his randy dentist boss, Dr. Julie, played by Jennifer Aniston, who has never been funnier. Kevin Spacey is truly hateful as psycho financier Dave, and Colin Farrell is hilarious as coke-snorting chemical heir Bobby.

But how should the put-upon wage slaves get rid of their loathsome overseers? Before you can say Mother—er, along comes murder consultant Dean Jones (Jamie Foxx) to help them plot their dastardly deeds.

Director Seth Gordon and a trio of writers keep the viewer guessing about the ultimate outcome of the murder plots, no small feat in a laugher as broad as this one. (So much scenery is chewed you'd think the set was beset by a plague of locusts.) This isn't murder most foul, but most fouled up.

PETER HOWELL

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Celebrity tweets

@MissKellyO

i have no idea how i did it but somehow woke up with my make up still perfect from last night! guess thats 1 thing

@simonpegg

Do we download certain info to the active parts of our brain each day post sleep? Every morning I get excited about the existence of coffee.

@SteveMartinToGo

"Protesters pepper sprayed" phooey. Actually, in finer restaurants in New York, "pepper milled."

@Cher

Meantime I'm having big Girl party at my house! 7girls ! Eat'n Hysterically Laughing! Then downstairs 2 theatre watched Agora & played xbox

Rowland was tired of 'little nuggets'

Singer Kelly Rowland is opening up about her decision four years ago to undergo breast augmentation surgery after growing tired of having "little nuggets for boobs," she tells Cosmopolitan UK.

"The decision was 10 years in the making, so I'm comfortable talking about it," she says.

"It's something I really wanted to do for myself — not for a man, not for work, for myself. And I love them." METRO

Kelly Rowland

Prince Harry turning heads in California

Prince Harry has been in California less than a week and he's already turned heads on two separate outings, according to People magazine.

First, the prince hit up McP's Pub in Coronado, Calif., for a burger and a beer with some pals.

"He was very personable. He was a nice guy, very low-key," the bar's manager tells the magazine.

"A couple of girls wanted to take pictures but they said no."

Also over the weekend, Harry and about 20 friends hit the rooftop lounge at the Andaz Hotel in San Diego, where they caroused and watched the Rugby World Cup in a private cabana. METRO

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3 life

The smoker vs the breathing guru

Can Alan Dolan, who believes in the power of breathing-as-healing, help our habitual smoker? We send her to a 'breathwork' session

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Karin Wertemberg is a 26-year-old who has smoked five cigarettes a day for the last three years. She's tried quitting five times before but it didn't stick. Her habit has left her gasping for air when she walks up the stairs, although she considers herself otherwise healthy. So we sent her to Alan Dolan, a "breathing guru" who claims his "breathwork is a powerful and safe way to infuse the body with much needed oxygen and energy thereby enabling our own (often depleted) healing systems to bring about physical, emotional and/or psychological healing." Maybe he can help her breathe better.

Wertemberg had this to say about her session:

"Alan started by loosening up my back, which felt great. Then I started to feel this tinkling feeling. It started somewhere around the upper chest, going out in the arms and made my head feel really dizzy. For a brief moment it was like I was on the verge of having an anxiety attack. It was like I couldn't breathe, or like having too much wine in one go. The sensation moved out through the arms and into hands and fingers. I could definitely feel some energy flow going around, which was quite scary. Apparently, it was all my own doing. I was told to hold my hands on the lower abdomen, keep my mouth open and inhale deep to inflate the lower tummy like a balloon, then release.

It was hard to keep the breathing constantly flowing and effortlessly let the air out quickly. The breathing helped me relax and unblock tension in the body. Once it was over I felt relaxed and had a greater sense of center and focus. But the next day I didn't feel much different. I feel no change whatsoever in my lungs.

I've smoked a bit less since the session, possibly because (of) the guru."

GETTY IMAGES

▶ Take a deep breath — cough, cough, cough.

Fitness picks

This rub alleviates pain, minus the nasty chemicals.

Active feet

Kiehl's cross-terrain 'dry run' foot cream

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Talk therapy for epilepsy

- Treatment seeks to identify the individual triggers for the seizures
- Follow the story of one sufferer

CELIA MILNE
LIFE@METRONEWS.CA

Trevor Park had his first seizure at age 13 on the way to a Toronto Maple Leafs hockey game. Seizures are scary — they come suddenly and can make people with epilepsy thrash so violently that they hurt themselves.

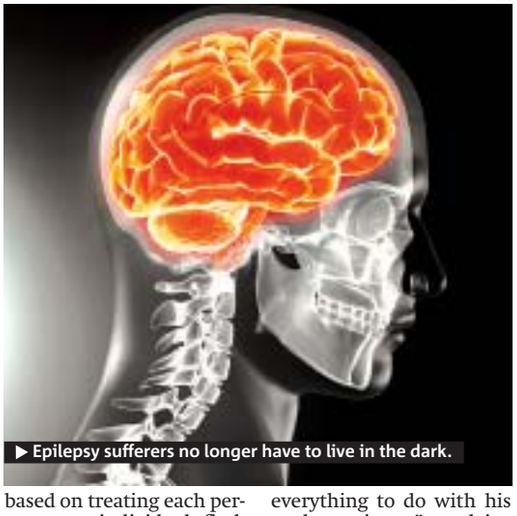
All through his teens and early 20s, Trevor continued to have seizures. He was taken to umpteen medical appointments and prescribed one drug after another. He once told his parents that he felt like a science experiment.

As Trevor grew older, he became self-destructive, doing things that he knew triggered seizures — drinking, partying, driving dangerously and working late shifts.

"The low point," his mother Ellen Novack, from Thornhill, Ont., tells Metro, "was when he was drugged 16 hours a day and had no quality of life."

Unable to find a workable solution in Canada, the family travelled to the Andrews-Reiter Epilepsy Research Center in Santa Rosa, California. Trevor was able to climb out of the darkness of his disease, thanks to a novel approach to epilepsy developed by Donna Andrews, a PhD in neuropsychology and Dr. Joel Reiter, a Harvard-educated neurologist. The approach is based on treating each person as an individual, finding out where the damage is, identifying the triggers, and teaching them ways to bring seizures under control.

GETTY IMAGES



▶ Epilepsy sufferers no longer have to live in the dark.

"What the patient thinks, feel and does has everything to do with his or her seizure," explains Andrews.

For instance, if patients have damage in the left temporal lobe where language is stored, they are under pressure for having a seizure when trying to communicate something important; they get overloaded very quickly.

If they know that, they can put it in writing first and discuss it when the pressure is off.

"Vicious cycles have to be broken," she says. "This is what empowers them."

Trevor, now 26, is seizure free and working in sales.

"He has the tools to control his epilepsy and it will be his decision if he is compliant or not," says Novack.

She and Park are hosting a conference starting this Friday, Oct. 14 at the University of Toronto, to promote the innovative epilepsy treatment that helped their son.

Just the facts

Here are some true and false points from Epilepsy Canada.

- **True** Epilepsy affects about 0.6 per cent of the Canadian population.
- **False** Someone having a seizure can swallow his or her tongue.

Best Health Minute

BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

Four foods that fight breast cancer There are some 23,000 new cases of breast cancer in Canada each year, but what you eat can be an important tool in lowering your risk. Here are some examples, rounded up by registered dietitian Matthew Kadey.

Mushrooms: A recent study found that higher mushroom intake by premenopausal women resulted in a lower risk of breast cancer. Add them to scrambled eggs and stir fries, and chop them finely and add to ground meat for burgers or meatloaf.

Pomegranate: The seeds (also called arils) are high in ellagic acid, an antioxidant that may help inhibit breast cancer development. You can garnish oatmeal or rice with the seeds, or add pure pomegranate juice to smoothies or a glass of water.

Lentils: Not only are these budget friendly and really easy to cook with, they are loaded with folate, fibre and lots of other nutrients that may help stave off breast cancer. Try them in tacos, or toss them with pasta and chopped fresh vegetables for an easy weeknight dish.

Salmon: It's one of the few foods to contain vitamin D in significant amounts, and researchers from Mount Sinai Hospital in Toronto determined that an increased intake of D is associated with a lower risk of developing breast cancer.

Make tonight's dinner a quadruple disease-fighting punch: Grill a salmon steak and have it with a lentil-pomegranate-mushroom stir fry on the side.

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Old faves meet new flavours

Fusion Grill remixes classics by adding unexpected ingredients They serve up delights such as homemade soup, and even suggest wine pairings

LUNCH RUSH

PAY CHEN
FOOD@METRONEWS.CA

Take your lunch basics like a chicken salad sandwich or a Caesar salad and bump them up a notch by making them a curried chicken salad sandwich on a croissant and a Caesar salad with tempura black tiger shrimp with a creamy Asian influenced Caesar dressing. Fusion Grill takes some of your lunch favourites and makes them better.

To make your decisions a little easier, each sandwich and entrée on the menu comes with a suggested wine pairing.

PAY CHEN

▶ Pickerel en papillote.

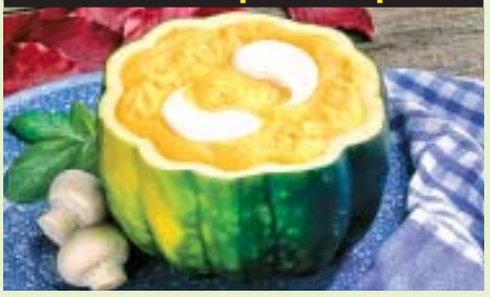
Fusion Grill
550 Academy Rd.
489-6963
fusiongrill.mb.ca
Reservations: Yes
Co-worker lunch: Yes
Social lunch: Yes
Price range: $3.95 - $6.95
Rating: 3.5 out of 5

The daily homemade soup is a fresh tomato soup with a mussel ($3.95/$6.95). The pickerel entrée is a light and healthy option. Premium North pickerel fillets are steamed in parchment paper with seasonal vegetables, a dab of butter and chewy wild rice ($14.95).

The dining room is intimate and reservations are suggested but I have no problem walking in and getting a table. You'll find new flavours added to your classic favourites at Fusion.

NEWS CANADA

Mushroom & Squash Bisque



Preparation:

1 In microwaveable bowl combine butter, onion, carrot, mushrooms and squash. Cover; microwave high, 10 mins. or until vegetables tender, stirring once. Transfer half vegetables and half broth to blender; purée until smooth. Repeat with remaining vegetables and broth. Return to bowl; stir in milk and microwave on high 7 mins. or until heated through. Garnish with sour cream swirl and basil. **NEWS CANADA**

Ingredients:

- 1 tbsp (15 mL) butter
- 1 cup (250 mL) each chopped onion and carrot
- ½ lb (250 g) sliced fresh white mushrooms
- 2 cups (500 mL) peeled, cubed squash
- 3 cups (750 mL) chicken broth
- 1/2 cup (125 mL) evaporated milk
- ½ tsp (2 mL) salt
- Garnish: Sour cream and basil leaves (optional)

DEAF OR NOT, CONFIDENCE IS THE KEY TO PICKING UP

TWO SISTERS

ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

Dear Andrea and Claire, I'm a good-looking deaf man who enjoys going to pubs and nightclubs. I can't hear or speak clearly, but I can read lips fairly well. Very few women I meet know sign language, but I don't only look for someone who can. When I go out, I get attention from women, but I'm not able to ask them for a dance or offer to buy a drink. Do you think that women are afraid to talk to deaf men?

Deaf Romeo

Claire: Dear Deaf Romeo,

You sound like you have something that many hearing men don't, and that is courage.

Most of the population finds it hard to meet people in pubs and nightclubs — these are loud, noisy places that don't necessarily bring out the best in people.

Why not try and meet someone while you're doing something you love?

Not only will you increase your chances of meeting a woman with whom you have something in common, but she'll see you at your best, and as an expert at something.

Your deafness may not seem so important once she's seen how well you bowl/rock-climb/paint ...

Please write to us again and let us know how it goes!

Andrea: Dear Deaf Romeo,

In my experience with the male pick-up artist, appearances and even personality do not determine success.

Deaf or not, the main reason guys fail miserably in meeting women is often due to a lack of confidence.

Guys who are assertive usually get the girl.

And don't forget that a lot of the communication between a man and a woman is transmitted wordlessly.

So perhaps you need to look at how you see yourself — are you as confident as you would like to be perceived, and how much of a handicap do you see your deafness being?

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

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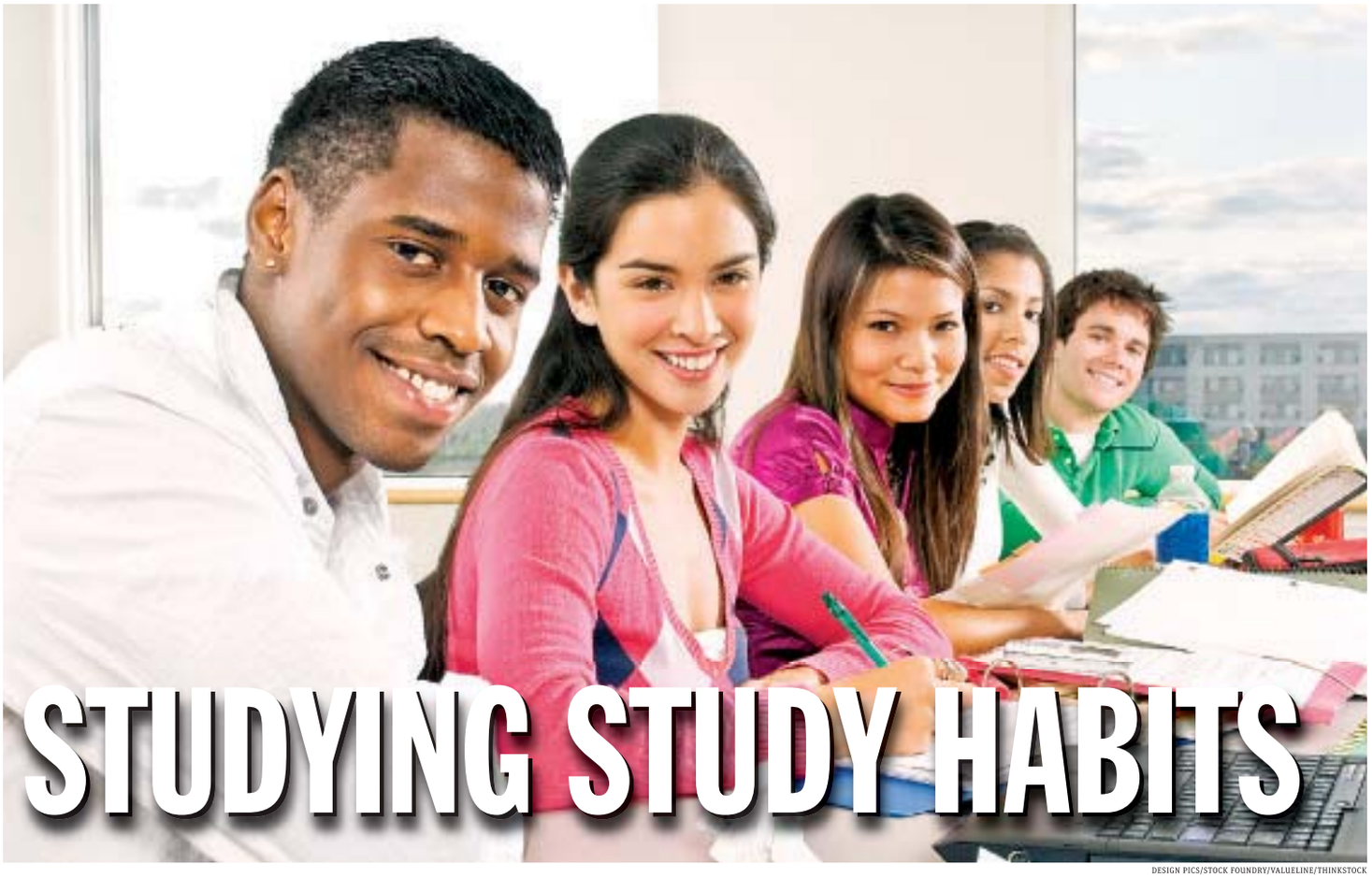

STUDYING STUDY HABITS

DESIGN PICS/STOCK FOUNDRY/VALUELINE/THINKSTOCK

IT TAKES TIME AND EFFORT TO PREPARE FOR YOUR POST-SECONDARY EXAMS

Many students get the midterm blues because they are overwhelmed by the looming midterm exams.

Jackie Stewart, a chemistry instructor at the University of British Columbia, says the first problem she encounters is students who "can't" learn a subject like chemistry. "They need to have the right attitude and think they can learn the material," she says.

If you struggled in a subject previously, you will find it difficult in the future — but you will find it harder if you approach with defeat in your eyes.

Next up is the cognitive aspect — how you think about the material. Stewart advises learning what the criteria are for the test or assignment.

Check out the class's learning objectives or sample exams and focus on that material. If that isn't available, just ask the instructor if you are studying the correct material.

"I see far too many students just reading over their notes or textbooks and thinking, 'I'm ready because I read all of this stuff,' and they weren't actually practising on the same kinds of tests that they're going to be given on the exam," she says.

Connect the new material to what you already know via "concept maps" that brainstorm how, say, electro felicity relates to nuclear felicity. Summarize the info and then write down everything you know related to the key concept.

The process takes you to understanding from remembering.

The last big step is knowing what you know. "All people are really bad at this," Stewart says.

Look at past tests and take it as evidence of what you don't know. Learning should be plowing into new territory, so you should feel challenged as you study.

Lana Hastings, vice-president of student services at the University of Winnipeg, says its Take Five program urges students to take breaks to avoid burning out.

For the material itself, Hastings advises seeking help. Student associations often offer free tutoring with senior students.

– Jon Tattrie

MANAGE TIME WISELY

Heather Graham, student academic adviser at Mount Saint Vincent University, says going to university from high school requires developing strong time management skills. "In high school, they're not on their own," she says, because teachers and parents play a bigger support role. At university, you're largely on your own. "We offer a lot of these (time management) sessions for students and they procrastinate and don't go," she says. Sign up today.

ACADEMY OF BROADCASTING CORPORATION

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Jordan Doe in the campus radio station. Jordan is currently doing his practicum at Power 97!
Next class starts January 23/12. BOOK NOW!!

Jordan Doe works on his announcing skills in the campus radio station. Doe is currently doing his practicum at Power 97.

ACADEMY OF BROADCASTING PHOTO

YOU'RE ON THE AIR

WITH THE ACADEMY OF BROADCASTING

The Academy of Broadcasting is Manitoba's Media College, which offers three media training programs: Radio and Television Broadcasting; Acting for Film and Television; and Media Writing.

The flagship program is broadcasting and graduates of this nine-month program find employment as announcers, reporters, writers, camera operators and video editors, producers, and promotions co-coordinators.

President Bev Edmondson says 85 per cent of graduates who look for work in the industry find jobs they love. "There are over 40 radio stations in Manitoba, plus our graduates get hired regularly in northwestern Ontario, Saskatchewan and Alberta. We only graduate about 65 broadcasters a year, so there are lots of opportunities for people who really want to work in this industry."

Classes start four times a year, in January, April, July and September. The Academy of Broadcasting offers small class sizes, professional instructors, a campus radio station, full production computer lab including Pro Tools, Final Cut Pro and Avid Movie Maker, and full-time graduate services. The next class starts Jan. 23, 2012.

PROFFESIONAL EDGE IS YOURS

If you think you need to brush up on your social media skills to impress the boss, the University of Winnipeg has just the program.

The university is offering Professional Edge Seminars, which are precisely what the name implies. These one- and two-day courses offer in-depth training that zeros in on specific subjects designed to give you the leading edge in your work life.

"They're really in line with industry and we have the flexibility to customize courses for organizations," says Ashlie Wilson, program co-ordinator of the university's professional studies department. "It can be really expensive for organizations to bring in trainers and we think our seminars offer top-notch training with a minimal investment of time and money."

While the seminars are geared to management professionals, Wilson says they also appeal to students who are upgrading their skills or rounding out their knowledge in a diploma or certificate program.

These interactive seminars cover a wide range of professional areas, including how to achieve work-life balance, the fundamentals of blogging, effective grant proposal writing and managing a unionized environment.

The seminars are taught from September to June by industry experts at the university's new Buhler Centre at Portage Avenue and Memorial Boulevard.

Sample seminars include:

- Coaching New Employees
- Creative Thinking for Problem Solving
- Influencing the Media
- Managing Your Priorities
- Negotiation and Influencing Skills
- Train the Trainer
- Work/Life Balance
- Working with Difficult Colleagues

For more information, see dce.uwinnipegcourses.ca.

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FIND YOUR INTERESTS

In her third year of university, Jennifer Caron decided to chuck math for psychology because she loved people so much more than numbers.

Today, as a career counsellor at the University of Western Ontario, she happily advises students about the academic choices they are making.

"I often share with students my story so they don't feel bad," says Caron. "It's not that uncommon for students not to know what they want to do."

Research shows that up to 80 per cent of students aren't sure of what they want to major in as they enter college or university, and at least 50 per cent will change streams at least once, maybe more.

If you are thinking about changing majors you need to do some self-exploration, say academic experts. Aptitude tests, career fairs, info sessions and informational interviews with industry leaders are all valuable tools that can help you find the right fit.

Look to your interests, skills, values and personality when deciding what to study. Hard as it may be, try not to be influenced by peers, past teachers and family. Instead, let your passions drive your choice.

"Interest is a good predictor of career satisfaction," says Danica Heidebrecht, an educational counsellor with SAIT Polytechnic in Calgary. "If you follow what you're interested in, you're more likely to stick with it."

ISTOCKPHOTO/THINKSTOCK

If you're thinking of changing majors, try to make room in your schedule next term so you can take a course in your new area of interest, recommends Quenta Adams, academic adviser at Dalhousie University. That way, you are leaving your options open.

Re-evaluating majors may have more to do with students having difficulty conceptualizing where their current studies will lead. If you are studying nursing chances are you will become a nurse, but if you are in history or biology, it's less obvious.

SHAKEN & STIRRED

LEARN MIXOLOGY AT THE FINE ART BARTENDING SCHOOL

Celebrating it's 38th year in business, Fine Art Bartending is expanding to a new location in the trendy Osborne Village.

Todd Koch, Fine Art president is excited about the expansion. "This new location is built to replicate an actual lounge and has all of the equipment and functionality of a real working bar." This is now the flagship location of Fine Art's 9 Schools across Canada.

A number of businesses are now requesting that even their servers, as well as bartenders, attend the Fine Art training course.

"We have a classroom area where I do lectures and people take notes, and then we have a 22-foot bar that's broken into five individual sections,' explains mixology instructor Evan Maltman. "Behind the bar is where they learn all the techniques. It's very hands-on."

FINE ART BARTENDING PHOTO

Students learn how to make popular and classic cocktails, as well as an extensive knowledge of wine and beer. The students spend most of the time behind the bars. This hands-on approach to training gives students the confidence they need to work in bars, nightclubs, hotels, etc.

"I try to simulate a real working environment where the students learn and have fun at the same time," explains Maltman.

One recent graduate said, "I attended one of your schools in 2008, now I'm a flair bartender in Disco Imagine Punta Cana Dominican Republic."

For more information, see fineart.ca or call 783-3322 for more details.

BOOSTING LIFE SKILLS

PROGRAM HELPS YOUTH WITH DISABILITIES

Reaching E-Quality Employment Services is now accepting applications for its upcoming Youth Employment Project, which will begin Nov. 7.

The Youth Employment Project (YEP) offers a 12-week Employability Skills Program for youth between 17-29 years of age, who are living with a physical disability or health condition.

The YEP works to increase employability skills and assist with the transition into employment by providing free life skills, pre-employment skills, computer skills and job search support to youth with physical disabilities or health conditions. The program offers participants a supportive environment during both the in-class component and the job search component.

Scott Best attended the program during the summer of 2010.

"The YEP program taught me a lot of wonderful things, like interview skills, resumé writing and how to communicate to my employers what accommodations I'll need in the workplace. It also made me a little more confident about my abilities as opposed to my disability, which is always a good thing."

Reaching E-Quality Employment Services (REES) is an established, community-based employment service with a consistent track record of assisting people with physical disabilities or health conditions to gain employment, since 1989.

Details and information about the program can be found at re-es.org.

COURSE HIGHLIGHTS

The project offers:
- A network of employer contacts and job search support.
- Life skills and pre-employment preparation (five weeks).
- Basic computer skills (nine weeks — afternoons).
- Resumé and cover letter development (two weeks).
- Job search and interview skills training (two weeks).
- On-the-job training and support (up to three months).
- Advice on how to talk about your disability and any required job accommodations.
- Disability awareness training for employers.
- Living expense stipend for those not receiving social assistance.

TRANSFORM

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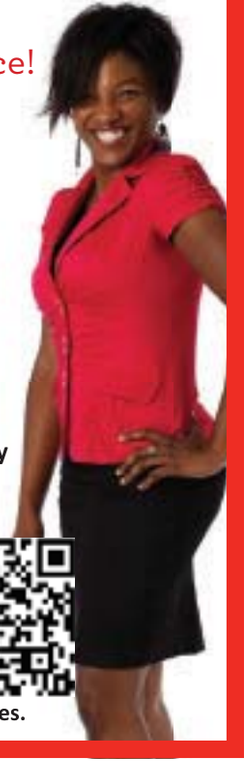
One day can make a difference!

One or two day seminars are open to everyone and are a great way to add to your knowledge and skills with a minimal investment of time.



Professional Edge Seminars
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- Closing Performance Gaps
- Tools for Social Media Visibility
- Train the Trainer
- Managing the Discipline Process Effectively
- and many more

Get more information & build an individual learning plan.
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dce.UWinnipegCourses.ca
Seminars can be found under Professional Studies.

DOWN RE: PAYMENTS?

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Saving for a down payment in a chequing account or hiding cash in a safety deposit box are counterproductive; they earn little to no interest and are too easy to dip into. The best approach is to start saving well in advance using savings vehicles that earn interest, but don't put your funds at risk.

Start thinking about how much you'll need for a down payment. Experts recommend having at least 20 per cent of the home's value. Financial institutions will accept less than 20 per cent down payment but, you'll pay a premium for an insured mortgage through Canada Mortgage and Housing Corporation (CMHC). Check out the insurance rates at cmhc-schl.gc.ca.

Let's say you plan to buy a $200,000 home in three years and you'd like to save 20 per cent down payment, or $40,000. There are two savings approaches: first; invest regular monthly amounts by having money automatically transferred from your bank account on payday; or second; invest lump sums each year.

Saving monthly works well when you've got a fixed budget. In this example, you'd need to tuck away $1,111 per month for 36 months. Saving in lump sum contributions works well when you receive annual bonuses, tax refunds, etc.

Unfortunately there's no easy way to save for a down payment. It takes hard work, determination and frugal living. But, the act of saving helps you form healthy financial habits which you'll need once you're a home owner.

Find security in cash

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

With the Canadian market officially in bear territory last week, down 20 per cent for the year, and global markets not far behind, many investment statements are looking pretty ugly.

Where on earth can we find a safe haven to ride this one out? I have one. Cash.

Having a portion of your portfolio in cash investments, like GICs, offers a guaranteed return that helps keep your portfolio afloat. Inside a TFSA or RRSP you won't pay tax on the income.

Because rates are so miserably low it pays to comparison-shop. For example, at my bank brokerage the best rate for a one-year GIC issued by the bank was 0.9 per cent last Friday. But there's a little known alternative called third-party GICs.

They are issued by other financial institutions such as credit unions and also available through your brokerage. The top one-year rate I found was 1.75 per cent for an AGF Trust GIC. There is less difference for longer maturities like three and five years.

Treat GICs as a fixed term investment and plan to hold them until they mature, otherwise you will loose some or all of your interest. There are cashable GICs but they offer lower interest rates.

Another option I really like is the only Canadian money market exchange traded fund (ETF.) ETFs are investment products — not mutual funds — that simply track an index. They are cheap and transparent.

ISTOCK

▶ Alison's money rule: In times of turmoil a guaranteed return is something to love.

The Claymore Premium Money ETF is listed on the Toronto Stock Exchange, ticker symbol CRM, and has a management fee of just 0.25 percent.

You can set up an automatic purchase plan with Claymore to avoid paying a trading commission with each purchase. Go to claymoreinvestments.ca and click on PACC (pre-authorized cash contribution.)

The current yield on CRM is about 1.1 per cent. Not as good as you'd get from a locked-in GIC but you can make small purchases monthly and the yield will rise in lock step with rates. If you need more information, call Claymore, 866-417-4640.

ALISON GRIFFITHS IS THE AUTHOR OF THE UPCOMING BOOK COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

>>>>> FREE WORKSHOP! <<<<<

STOP WORRYING ABOUT MONEY!

COMING TO WINNIPEG ON
OCTOBER 27TH and 28TH

I believe what is happening to our economy right now is NOT a "normal" cycle of recession, but a radical change that could wipe out the Middle Class and leave us with a society of only rich and poor.

DO YOU WANT TO BE RICH OR POOR?
YOU HAVE THE POWER TO CHOOSE

A crisis like this is really your biggest opportunity because all the losers give up, and the playing field is left wide open to people who understand "The New Rules of Money." The winners will be people like you. That's what my Rich Dad Education™ training team will show you at a FREE "Learn to Be Rich" Workshop.

DON'T PANIC - GET PREPARED!

What this recession reveals is that the rich have an UNFAIR ADVANTAGE, because it's not what they HAVE, it's what they KNOW that matters. The good news is that you can put this same unfair advantage to work for you!

Our FREE "Learn to Be Rich" Workshop is created for you to begin to get the knowledge you need to

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- Create Income
- Build Long-term Cashflow
- Rescue Your Retirement

This could be the turning point in your life... Even if you don't have money today!

To Register Call Now!
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Results from programs are based on individual effort and other factors. Additional products and services will be offered for sale. Robert Kiyosaki will not attend this event. © 2011 Rich Dad Education. All rights reserved. The Rich Dad word mark and logos are owned by Rich Dad Operating Co., LLC and any such use is under license. Rich Dad Education and Learn to be Rich are trademarks of Rich Dad Operating Co., LLC. * CNN, OPRAH, MSNBC and Larry King Live logos are owned by their respective trademark holders. 11RDEC0094 V1 9-11

POPQUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.

FIND TIPS & TRICKS
in Allan Small's Investment Perspectives Column: *Negative news provides a drag on the market.*

This column and more available at
Metronews.ca/YourMoney

Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.

Your money section sponsored by: TD

Allan Small
Senior Investment Advisor – DundeeWealth

metro

Tigers drop another one

Rangers win with 11th-inning grand slam to take 2-0 lead in AL championship series

RANGERS	TIGERS
7	3

CHARLIE RIEDEL/THE ASSOCIATED PRESS

▶ Detroit's Andy Dirks misses a single by Texas' Mike Napoli in the 11th inning as Austin Jackson backs him up.

Nelson Cruz hit the first game-ending grand slam in post-season history, lifting the Texas Rangers over the Detroit Tigers 7-3 in 11 innings last night for a 2-0 lead in the AL championship series.

Cruz also hit a tying home run in the seventh inning. His second homer of the game was a high drive to left field off Ryan Perry with nobody out in the 11th, and came after a misplay in the Detroit outfield loaded the bases.

Cruz connected for the fourth grand slam in the playoffs this year. Ryan Roberts and Paul Goldschmidt of Arizona and Robinson Cano of the Yankees also hit them.

STATS LLC confirmed that Cruz's shot was the first slam to end a post-season game — with a postscript. Robin Ventura sent a tiebreaking drive over the fence to finish a New York Mets victory against Atlanta in the 1999 NLCS, but was swarmed by teammates between first and second.

Ventura never made it around the bases and was officially credited with a single. His 15th-inning drive for a 4-3 Mets win in Game 5 came to be known as "the grand slam-single."

The Tigers and Rangers both blew bases-loaded chances in the ninth. Texas shortstop Elvis Andrus made a juggling, over-the-shoulder catch in shallow centre field on a flare by Victor Martinez, cradling the ball against his chest to end the inning. Andrus and Texas part-owner Nolan Ryan each flashed a sheepish smile.

In the Texas ninth, Detroit first baseman Miguel Cabrera started and ended a nifty double play on Mitch Moreland's sharp grounder. David Murphy hit a flyball to shallow left for the first out, keeping the bases loaded.

Texas relievers combined for 8⅓ scoreless innings, starting the string shortly after Ryan Raburn's three-run homer off starter Derek Holland put the Tigers ahead 3-2 in the third.

Game 3 is tonight in Detroit.

THE ASSOCIATED PRESS

NBA boss axes first two weeks of season

NBA commissioner David Stern cancelled the first two weeks of the season yesterday after owners and players were unable to reach a new labour deal and end the lockout.

Top negotiators for both sides met for more than seven hours yesterday, returning to bargaining about 14 hours after ending talks Sunday night.

Stern said both sides are "very far apart on virtually all issues. ... We just have a gulf that separates us."

$350M

A union estimate of how much players would lose during each month of a lockout.

The cancellation includes all games scheduled to be played through Nov. 14.

"Despite extensive efforts, we have not been able to reach a new agreement with the players' union that allows all 30 teams to be able to compete for a championship while fairly compensating our players," NBA deputy commissioner Adam Silver said.

Owners locked out the players July 1 when they couldn't reach a deal before the expiration of the old collective bargaining agreement. Opening night was scheduled for Nov. 1.

THE ASSOCIATED PRESS

TEBOW OR NOT TEBOW?

Broncos to reveal starting QB today

John Fox is going to wait a day to announce his starting quarterback.

The Denver Broncos coach gave his players the day off yesterday and didn't want to let everyone else know before Tim Tebow or Kyle Orton finds out.

Tebow replaced Orton and energized the Broncos and their fans before coming up short in a 29-24 loss to San Diego on Sunday.

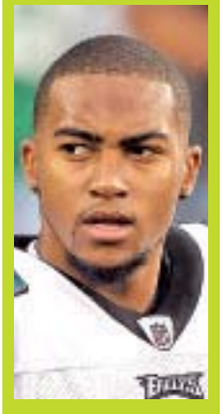
Despite his flawed footwork and trouble handling the snaps from centre J.D. Walton, Tebow threw for a touchdown and ran for another in nearly erasing a 16-point fourth-quarter deficit.

Fox insisted he didn't even know himself who his quarterback will be. He said he would meet with his staff and review the film yesterday, then reveal his decision when his players reconvene today.

THE ASSOCIATED PRESS

4 sports

Quoted



"At 1-4 right now, this isn't a great feeling, especially for a team like us and we've just got to figure it out."

PHILADELPHIA EAGLES RECEIVER DESEAN JACKSON. THE EAGLES ARE 1-4 FOLLOWING A 31-24 LOSS AT BUFFALO ON SUNDAY AND THEIR SUPER BOWL EXPECTATIONS HAVE BEEN REDUCED TO A MERE FANTASY.

Scan code for more sports news.

Calvillo becomes football's most prolific passer

29	19
ALOUETTES	ARGONAUTS

From a training camp tryout in a parking lot with a team called the Las Vegas Posse to becoming the all-time passing leader in the Canadian Football League, Montreal Alouettes quarterback Anthony Calvillo can only look at his career and think: "Wow."

The 18-year veteran made history in spectacular fashion yesterday when his 50-yard toss and run touchdown to Jemal Richardson clinched a 29-19 victory over the Toronto Argonauts.

Calvillo, 39, went into the game needing 258 yards to break Damon Allen's all-time record of 72,381 yards. He eclipsed it in the third quarter on a short toss to Richardson who broke a tackle for the touchdown.

"The play before, I happened to see the big screen where they showed it was 45 yards I needed," an emotional Calvillo said later. "When he broke the tackle I thought this might be it, so I was running down.

"I was excited because we were struggling offensively and needed to score, but then it kind of sank in that this was the pass that broke the record."

Calvillo went 26 for 38 for 305 yards to bring his career total to 72,429.

There were taped tributes on the scoreboard from some of the sport's best quarterbacks, including Warren Moon, who threw for 70,553 yards in both the CFL and the NFL, Dan Marino who passed for 61,361 in the NFL and Allen.

"To see those guys recognize an accomplishment that was done up here was pretty special," said Calvillo.

And how was he to celebrate the record? By joining his teammates in serving meals to homeless people, as the club does each Thanksgiving Day.

THE CANADIAN PRESS

PAUL CHIASSON/THE CANADIAN PRESS

▶ Quarterback Anthony Calvillo celebrates becoming pro football's all-time passing leader in Montreal yesterday.

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1 October 2011
8 October 2011
6 October 2011
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with spill proof glass shelves, clear see through dispensers & adjustable door bins.
18 cubic foot
Compared at $1099.99
Instant Rebate $99.99
Final Price $500.00
SAVE $500
ALL WOOD TABLE
with butterfly leaf, matching chairs with upholstered seats.
$799.99 and
Purchase the 5pc set for receive the server for
ONE DOLLAR
WIN A TRIP TO LAS VEGAS
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1600 SASKATCHEWAN RD. Portage la Prairie 239-8544

IAN JACKSON/THE CANADIAN PRESS

▶ Eskimos defenders swarm Roughriders quarterback Darian Durant in the second half in Edmonton yesterday.

Riders set table for Eskimos' Grey Cup bid

- Edmonton clinches playoff spot in defensive Thanksgiving Day struggle
- Saskatchewan's post-season hopes flickering with fourth-straight loss

The Edmonton Eskimos don't mind winning an ugly game now and then, especially when it gets them into the post-season.

Jerome Messam scored the game's lone touchdown as the Eskimos secured a playoff spot and a share of first place in the CFL's West Division with a 17-1 victory over the Saskatchewan Roughriders yesterday.

The Eskimos, who snapped a three-game losing streak at home, improved to 8-6 on the season, moving into a tie for first with both the B.C. Lions and the Calgary Stampeders.

"Offensively we'd say winning ugly," Edmonton quarterback Ricky Ray said of the low-scoring game. "Defensively, they are saying it's a beautiful win. We made a lot of mistakes on offence. But it's a huge win for us. We haven't played that well at home. It's great to put ourselves in the playoffs and also to get us back tied for first in the West. These last four games are going to be interesting."

17	1
ESKIMOS	RIDERS

Eskimos head coach Kavis Reed said making the second season was just the first step his team wants to take.

"We wanted to give ourselves an opportunity to play the last game of the year in this league and now we've done that," he said. "Now we've got to focus on correcting the many mistakes that we committed tonight and get strong as a football team and move toward things that we've set out for ourselves in the beginning."

"There may be a sliver of a hope yet but if we don't start playing better any little slivers of light are going to turn into darkness on us."

RIDERS HEAD COACH KEN MILLER ON HIS TEAM'S PLAYOFF OUTLOOK

With their third consecutive loss, the Roughriders fell to 4-10 and are now out of the West playoff picture, with only a slim chance of making the post-season through an Eastern cross-over.

"Our defence played so hard, but on offence, you have to catch the ball when it is thrown to you," said Riders head coach Ken Miller.

"We have to do a better job blocking. We had the beginnings of good drives that didn't materialize into anything because of turnovers.

"It's frustrating because we haven't scored a touchdown in a long time (13 quarters). That's directly attributable to me."

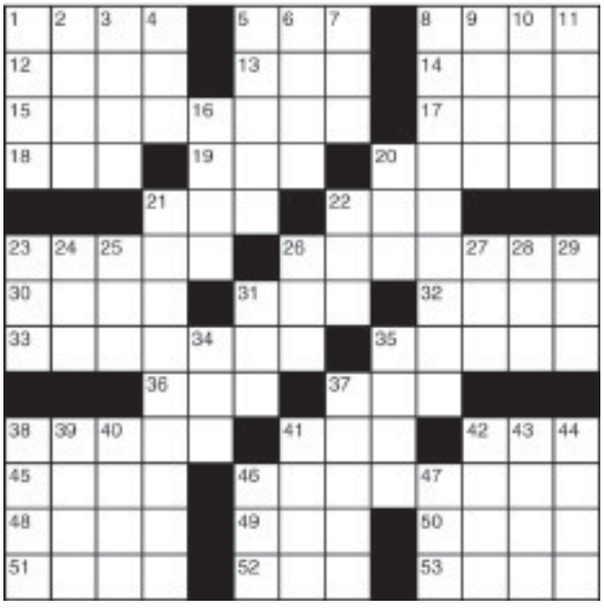
Saskatchewan's usual starting quarterback Darian Durant didn't start the game as he is nursing a sore foot, but came in to replace Ryan Dinwiddie who threw three interceptions.

THE CANADIAN PRESS

90

The Saskatchewan Roughriders have been outscored by 90 points (99-9) in their last three games.

Crossword



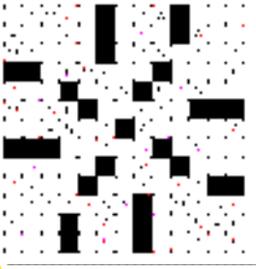
Across

1 Sculpting medium
5 1/6 fl. oz.
8 "— on first?"
12 Tittle
13 — carte
14 Apiary structure
15 Jungle-like
17 Persia, now
18 Shrill bark
19 Cage component
20 Refine ore
21 Cauldron
22 Two, in Tijuana
23 Chef's garb
26 Broadway presentation
30 Authentic
31 14-Across dweller
32 "The Da Vinci —"
33 Like sorcery
35 "Humpty Dumpty — a wall"
36 Yank
37 Aviv lead-in
38 Denude
41 Dopey companion?
42 "I — Camera"
45 Ice cream shop abbr.
46 Upright
48 Sills solo
49 Type measures
50 Bride's concealment
51 Think (over)
52 Sticky stuff
53 Whirling water

Down

1 Urban area
2 Actress Loughlin
3 On
4 Mouth, slangily
5 Implied
6 Thick chunk
7 Chum
8 Capricious
9 Employ
10 Elliptical
11 Faxed or emailed
16 Pressing need?
20 "Help!"
21 Governmental
22 Payable
23 Branch
24 Pod occupant
25 Tatter
26 Funnyman Brooks
27 Barracks bed
28 Commotion
29 Author Deighton
31 Satchel
34 Coffee holder
35 Denomination
37 Human trunk
38 Con game
39 Via, for short
40 Disturb
41 Showroom sample
42 Scored 100 on
43 Hotel staffer
44 Partner in crime
46 — out (relax)
47 "— Got a Secret"

▶ Friday's answer



Sudoku

2			9	4				1
	4					3	2	
	9			2	7			8
					1			7
		7				6		
8			5					
3			6	1			8	
	1	2					5	
5				3	4			6

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

girl
Thank you for such a beautiful weekend. You know, when you asked me what I was most thankful for, I made a stupid joke.. but the truth is, what I'm most thankful for more than anything, is our love. It will flourish for as long as the second hand ticks. You are mine for all of time.
FROM YOUR GUY

Matt
I still think about you all the time. I hope I get to see you on Monday if not have a good Thanksgiving.
FROM R

O hi
Happy dolphins n rainforests said hi to you:):) LOL..look after yourself pl. Thanks for being so wonderful
FROM CHEERS

A look at the weather

TODAY	WEDNESDAY	THURSDAY
Min 8° Max 18°	Min 8° Max 16°	Min 4° Max 11°

BT BREAKFAST TELEVISION

Jenna Khan, Weather Specialist
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 A.M.**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Some people believe that might makes right, but you know better.

♉ Taurus April 21-May 21 The important thing now is knowing when to work with other people and when to work against them.

♊ Gemini May 22-June 21 You could win big today, but you could just as easily lose everything. Think before you act.

♋ Cancer June 22-July 22 Employers and other important people can see you mean business. That's good.

♌ Leo July 23-Aug.23 You will be easily provoked today, especially if you think that someone is taking liberties at your expense.

♍ Virgo Aug. 24- Sept. 22 Stick to your principles, even if by doing so you lose out financially.

♎ Libra Sept. 23-Oct. 23 Some individuals will be difficult to get along with today but you can make things easier for yourself by refusing to get involved in fights or feuds that serve no purpose.

♏ Scorpio Oct. 24-Nov. 22 Something will happen today that takes other people by surprise, but you saw it coming.

♐ Sagittarius Nov. 23-Dec. 21 No one expects you to be perfect, so don't expect it of yourself. You may have to hold up your hand and admit you made a mistake, but what of it?

♑ Capricorn Dec. 22-Jan. 20 You will have to deal with other people's bullying tactics today.

♒ Aquarius Jan. 21-Feb. 18 Do not allow minor events to upset you emotionally. Surround yourself with happy people.

♓ Pisces Feb. 19-March 20. If you splash out on a whim now you are sure to regret it when the bills come due at the end of the month.

SALLY BROMPTON

Caption contest

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CHRIS CARLSON/THE ASSOCIATED PRESS

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